

Ealing
Arts &
Leisure

OCTOBER - NOVEMBER 2026

What's On



Arts and leisure
activities across the
borough of Ealing

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,
Education, Dance, Movement,
Drama, Poetry, Leisure,
Younger Years

ealingarts.org.uk

ISSUE NO. 236

REGISTERED CHARITY NO. 290432

What's On – so much to do in Ealing

Last month our performing societies sprang back into action after their summer breaks, and now we see the fruit of their endeavours. Too much to single anything out, so do take a good look at our Music and Drama sections; there's so much to enjoy, and without having to trek into central London.

With the darker evenings, our special-interest groups come into their own again as well, so there's no need to stay at home; if you haven't tried one yet, why not do so now, and make some like-minded friends?

All of our members are listed on the back cover, and you can find out about them via their entries here, via our website Members section, or by phoning EA&L on 020 8567 4075 if the internet is not for you.

Copies of *What's On* can go quickly. See the inside back cover if you'd like to have it delivered to you.

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Find us online at
ealingarts.org.uk

 facebook.com/EalingArts

Want to know how to list an event
or advertise here?

Visit ealingarts.org.uk/join
or phone 020 8567 4075

EA&L, 68 ELMERS ROAD, LONDON W13 9QD

Chairman: Gill Rowley Secretary: Dorrie Baker Treasurer: Colin Easton
Membership Secretary & Diary Editor: Richard Partridge

NOTE TO MEMBERS: Final entry for the December-January issue is 1 November.

NB: Display ads may also be placed by non-members. See www.ealingarts.org.uk/help

Ealing
Arts &
Leisure

Music



MUSIC AT ST MARY'S PERIVALE

Concerts by world-class soloists and ensembles at **2pm** each **Tuesday** and some **Thursdays (Sundays at 3pm)** at this 12th-century church, West London's foremost classical music venue. Plus a **jazz session** once a month.

Perivale Lane, UB6 8SS

All concerts livestreamed in high definition: full details, plus links to previous concerts, at www.st-marys-perivale.org.uk



OCTOBER

Music at St Mary's Perivale

FRIDAY 2 OCTOBER

PETER DONOHOE – CELEBRITY PIANO RECITAL

Chopin, Bach-Busoni and Schubert
7.30pm. St Mary's Perivale, Perivale Lane, UB6 8SS
Free with voluntary donations

020 8997 7691 • hmath@btopenworld.com • www.st-marys-perivale.org.uk

The Chamber Music Collective

SATURDAY 3 OCTOBER

RACHMANINOV AT EALING GREEN

A stunning line-up of world-class musicians perform beautiful chamber music in the heart of Ealing.

Sergei RACHMANINOV: Sonata for Piano and Cello in G minor, Op. 19

Trio Élégiacque No. 1 in G minor

Vocalise

Rosie Richardson (piano), Markella Vadoros (violin), Michael Petrov (cello)

3pm. Ealing Green Church, Ealing Green, W5 5QT

£16 (concessions £13, under-18 £7.50)

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com

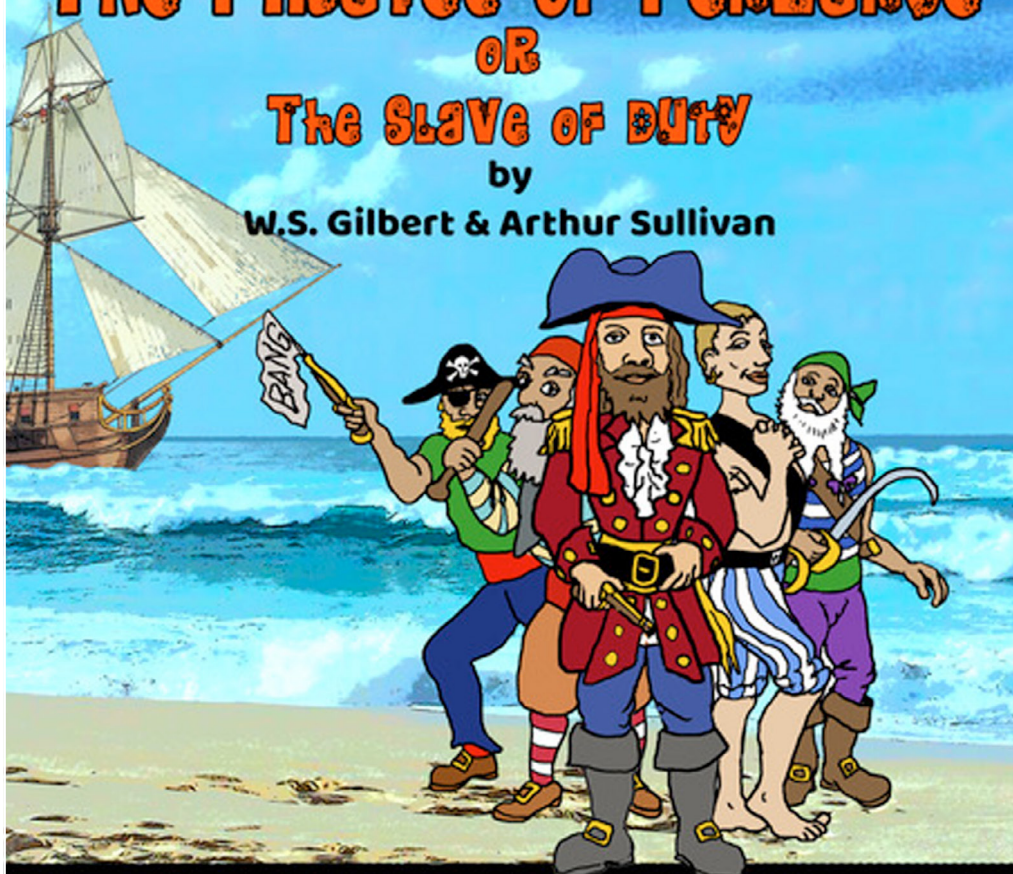


The Pirates of Penzance

OR

The Slave of Duty

by
W.S. Gilbert & Arthur Sullivan



The Questors Theatre Ealing

8 - 10 October 2026 at 7.30pm
Saturday Matinée at 2.30pm

Tickets £25 + concessions: The Questors Theatre Box Office
020 8567 0011 or www.questors.org.uk
or visit www.julianoperatic.org for further details

Julian Light Operatic Society: Registered Charity No 1103764




Ealing Symphony Orchestra AUTUMN TITANS

SATURDAY 10 OCTOBER

Avril COLERIDGE-TAYLOR: Sussex Landscape

RACHMANINOV: Piano Concerto No. 3

Franz SCHMIDT: Symphony No. 4

Stephanie Qiao (piano; Ealing Festival 2025 winner), Ealing SO / John Gibbons

7pm. St Barnabas Church, Pitshanger Lane, W5 1QG

£18 (under-25 £6, under-18 free) including programme

020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

West London Sinfonia WEST LONDON SINFONIA CONCERT

SATURDAY 10 OCTOBER

NIELSEN: Helios Overture

GRIEG: Holberg Suite

SIBELIUS: Symphony No. 2

7.30pm. St Michael and All Angels' Church, Bedford Park, W4 1TT

£17 (concessions £14, child/full-time student £5)

www.westlondonsinfonia.org • Facebook: www.facebook.com/westlondonsinfonia

Gloc Musical Theatre GLOCTAIL HOUR

WEDNESDAY - SATURDAY 21-24 OCTOBER

Book now: Ealing musical theatre company Gloc returns this October with *Gloctail Hour*, a fresh twist on its annual compilation show.

You may know this talented bunch from recent, award-winning Ealing-based productions

including Disney's *Beauty and the Beast*, *We Will Rock You* and other acclaimed shows.This time, the company is turning St Benedict's into its very own cabaret room for four nights only – with songs from favourites including *Cabaret*, *Chicago*, *A Chorus Line* and *Waitress*, plus Bond glamour with *Skyfall* and a tribute to Dolly Parton with *I Will Always Love You*.

Get ready for big numbers, hidden gems, brilliant company performances and plenty of theatrical fun. Tickets are on sale now, so book your seats for an evening of sparkle, sass and show tunes.

7.30pm. St Benedict's School, Ealing, W5 2ES.

£20 + £1.50 booking fee

hello@glocmt.co.uk • www.rebrand.ly/GloctailHour

NOVEMBER

Ealing Choral Society FROM DARKNESS TO LIGHT

SATURDAY 14 NOVEMBER

Join Ealing Choral Society for an evening of beautiful choral music tracing a journey from darkness to light: Duruflé's Requiem, Britten's A Ceremony of Carols, and other works.

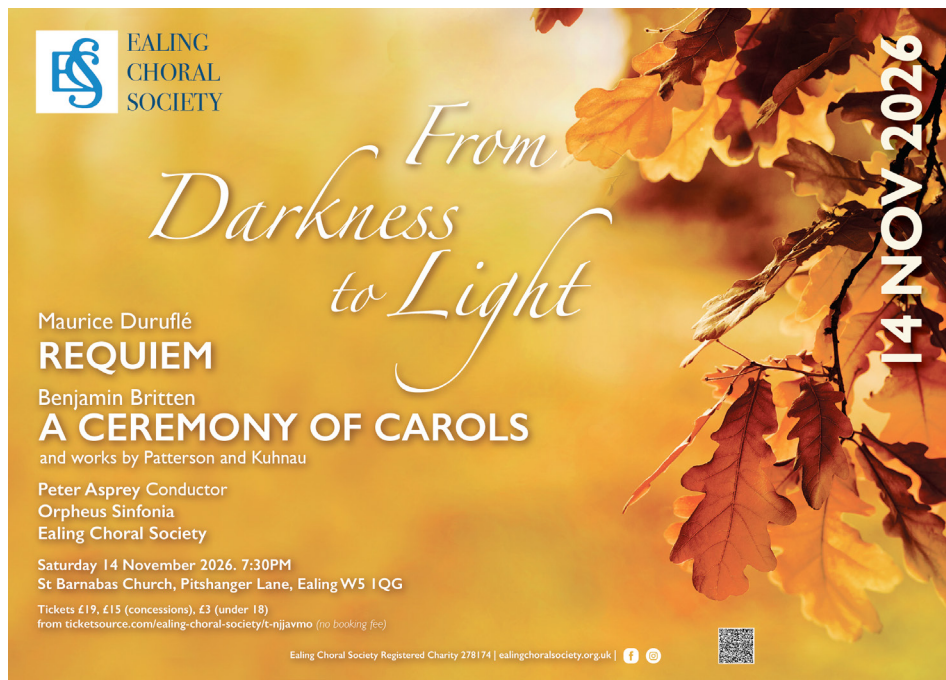
With Orpheus Sinfonia. Peter Asprey conducts.

7.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG

£19 (concessions £15, under-18 £3)

Box office: www.ticketsource.com/ealing-choral-society/t-njjavmoInformation: enquiries@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk

Facebook: EalingChoralSoc



EALING CHORAL SOCIETY

From Darkness to Light

**Maurice Duruflé
REQUIEM**

**Benjamin Britten
A CEREMONY OF CAROLS**

and works by Patterson and Kuhnu

Peter Asprey Conductor
Orpheus Sinfonia
Ealing Choral Society

Saturday 14 November 2026. 7:30PM
St Barnabas Church, Pitshanger Lane, Ealing W5 1QG

Tickets £19, £15 (concessions), £3 (under 18)
from ticketsource.com/ealing-choral-society/t-njivmo (no booking fee)

Ealing Choral Society Registered Charity 278174 | ealingchoralsociety.org.uk |   

West London Sinfonia WEST LONDON SINFONIA CONCERT

SATURDAY 21 NOVEMBER

ROSSINI: The Barber of Seville Overture
 STRAVINSKY: Jeu de Cartes
 WEBER: Andante e Rondo (solo bassoon Glyn Williams)
 HINDEMITH: Symphonic Variations
 7.30pm. St Michael and All Angels' Church, Bedford Park, W4 1TT
 £17 (concessions £14, child/full-time student £5)
www.westlondonsinfonia.org • Facebook: www.facebook.com/westlondonsinfonia

Ealing Voices DIXIT DOMINUS & STABAT MATER

SATURDAY 21 NOVEMBER

Handel's magnificent Dixit Dominus and Pergolesi's sacred Stabat Mater form a heady combination for our November concert with the Herts Baroque Ensemble.
 7.30pm. St Barnabas Church, Pitshanger Lane, W5 1QG
 £18 advance, £20 on the door
 Box office: www.ticketsource.com/ealing-voices
 Information: info@ealingvoices.org.uk • www.ealingvoices.org.uk/
 Facebook: www.facebook.com/groups/18533554000

Chiswick Chamber Orchestra AFTERNOON CONCERT

SUNDAY 22 NOVEMBER

Conductor: Peter Robertson
 MOZART: Symphony No. 29 in A Major, K201
 MOZART: Violin Concerto K216 in G major (soloist Stephanie Waite)
 HAYDN: Farewell Symphony No. 45 in F sharp minor
 3.30pm. St Michael and All Angels' Church, Bedford Park, London W4
 £12 – £25

info@chiswickchamberorchestra.org • www.chiswickchamberorchestra.org

The Chamber Music Collective A DOUBLE ANNIVERSARY AT EALING GREEN

SATURDAY 28 NOVEMBER

Join us to celebrate 200 years from Weber's death and 125 since Gerald Finzi's birth.

HAYDN: String Trio No. 6 for two violins and cello in E flat major, Hob. V:6

Carl Maria von WEBER: Clarinet Quintet in B flat major, Op. 34

Gerald FINZI: Five Bagatelles

Peter Cigleris (clarinet) and strings of the Chamber Music Collective

3pm. Ealing Green Church, Ealing Green, W5 5QT

£16 (concessions £13, under-18 £7.50)

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com

Ealing Symphony Orchestra SEA OF SHADOWS

SATURDAY 28 NOVEMBER

Frank BRIDGE: The Sea

Paul CARR: Trombone Concerto

SHOSTAKOVICH: Symphony No. 10

Ben Loska (trombone), Ealing SO / John Gibbons

7pm. St Barnabas Church, Pitshanger Lane, W5 1QG

£18 (under-25 £6, under-18 free) including programme

020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

DECEMBER

Questors Choir QUESTORS CHOIR CHRISTMAS CONCERT

SATURDAY 5 DECEMBER

Questors Choir, with professional brass quintet Ensemble of the Golden Bough, presents a concert of Christmas music. Everything from Tallis to Shakin' Stevens, with plenty of opportunities for the audience to join in with well-known carols.

7.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG

£18 (under-18 £9, under-12 free)

07821 587670 • more@questorschoir.org • www.questorschoir.org • www.facebook.com/QuestorsChoir

REGULAR EVENTS

The Hanwell Voice Studio

SINGING LESSONS

Singing lessons with a professional opera singer from English National Opera. Master a solid vocal technique, essential for success in performance. Tuition for all musical styles. Beginners welcome. Virtual singing lessons also now available.

The Hanwell Voice Studio, W7

Enquiries (Lydia Marchione, AGSM): 07791 170662 • www.lydiamarchione.com

Questors Young Musicians Club

MUSIC LESSONS FOR AGES 18 MONTHS - 18 YEARS

SATURDAYS IN TERM-TIME

Younger Years

We offer a variety of music lessons to students aged 18 months - 18 years, including introduction to music group classes for Early Years, a wide range of ensembles, instrumental lessons and group classes for students with SEND.

8.30am-1pm. Little Ealing Primary School, Weymouth Avenue W4 5EA

Prices vary according to classes. See website for details.

Archie.qymc@gmail.com • www.qymc.org

Music at St Mary's Perivale

SUNDAY AFTERNOON CONCERTS AT ST MARY'S PERIVALE

SUNDAYS

4 October: Ensemble Seraphim piano trio

11 October: The Kyan String Quartet

18 October: Felix Rosenboom (cello), Sebastian Salvaterra (piano)

25 October: The Bravi-Scapicchi Piano Duo

1 November: The Stradella Piano Trio

8 November: Christopher Kent (actor), Gamal Khamis (piano)

15 November: Morwenna del Mar (cello)

22 November: The Chamber Music Collective piano quintet

3pm. St Mary's Perivale, Perivale Lane, UB6 8SS

Free with voluntary donations

020 8997 7691 • hmath@btopenworld.com • www.st-marys-perivale.org.uk

Ealing Chamber Music Club

MONDAYS

The club allows amateur players to find other people with similar interests and abilities, and then to put together groups for works they'd like to play. Players can perform to other club members at the monthly meeting, which takes place at 8pm on the second Monday of every month except January and August at St Mary's Perivale, Perivale Lane, UB6 8SS.

Please check our website nearer the time for further details.

djrsmith@aol.com • www.ealingchambermusic.wordpress.com

Dalcroze Eurythmics Ealing

DALCROZE EURHYTHMICS FOR ADULTS

MONDAYS

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze.

Improve your flexibility, balance, coordination and self-expression. No prior experience necessary. Your tutor is Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, Geneva), BA (Oxon), PGCE.

Every Monday 28 September - 7 December except 26 October, 7-8.30pm.

St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS

First session free: bundles available (5 sessions for £90)

dalcrozemoves@gmail.com • www.dalcrozemoves.com

HEOS Musical Theatre

THE GREAT BRITISH BAKE OFF MUSICAL

MONDAYS & THURSDAYS

Join one of the premiere musical theatre groups in West London to perform in *The Great British Bake Off Musical* next April at Questors Theatre. Rehearsals Monday (ensemble) and Thursday (principals) evenings in Northolt. Principals' auditions Sunday 11 October. There are no auditions to join the chorus.

Northolt Methodist Church hall, 240 Church Road, Northolt UB5 5AE

020 8567 4075 • info@heos.org.uk • www.heos.org.uk • Facebook: @heosmusicaltheatre

Music at St Mary's Perivale

WEEKDAY AFTERNOON CONCERTS AT ST MARY'S PERIVALE

TUESDAYS & THURSDAYS

Tuesday 6 October: Mayuko Narutani (piano)

Thursday 8 October: The Marvin Muoneké Jazz Quartet

Tuesday 13 October: Tom Hicks (piano)

Tuesday 20 October: Francis Grier (piano)

Tuesday 27 October: Parvis Hejazi (piano)

Tuesday 3 November: Alexander Doronin (piano)

Tuesday 10 November: Shunta Morimoto (piano)

Tuesday 17 November: Dmitrii Kalashnikov (piano)

Tuesday 24 November: Oscar Wong (piano)

Thursday 26 November: Jazz – The Jim Mullen Organ Trio

2pm unless stated otherwise. St Mary's Perivale, Perivale Lane, UB6 8SS

Free with voluntary donations.

020 8997 7691 • hmath@btopenworld.com • www.st-marys-perivale.org.uk

Questors Choir

SING IN HARMONY WITH US

WEDNESDAYS

We are a friendly mixed-voice group of around 80 singers. Led by our inspiring musical director, Paul Ayres, our repertoire ranges from classical to contemporary, including opera, musical theatre, folk music and popular songs. There are no auditions, and no previous experience is required - only enthusiasm!

7.30-9.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG

07821 587670 (musical director) • more@questorschoir.org • www.questorschoir.org

www.facebook.com/QuestorsChoir

Ealing Voices SING WITH US

THURSDAYS

Join our friendly, un-auditioned choir! We welcome new singers with some choral experience in all voice parts. We perform three concerts per year in Ealing – please see the website for our current programme and schedule. Music Director: Michael Veazey.

Term-time, 7.30-9.30pm. St Matthew's Church, North Common Road, W5 2QA

£65 per term (concessions available)

info@ealingvoices.org.uk • www.ealingvoices.org.uk

Brentham Ladies' Choir

THURSDAYS

Brentham Ladies' Choir is a small, friendly choir that always welcomes new members. We sing a variety of music including folk songs, light classical, and songs from the musicals. This choir has existed for more than 40 years, and is now under the enthusiastic direction of John Hudson. There is no formal audition, and we do not require previous experience or for you to read music, but you must be able to sing in tune! We offer a free three-week trial period, so why not find that voice again?

Next concert: 1.30pm, Thursday 10 December. St Barnabas Church Hall.

1.30-3pm in school term time. St Barnabas Church Hall, Pitshanger Lane, W5 1QG (on E2 and E9 bus routes)

£40 per term.

Secretary (Genevieve Ellis): 079797 52424

Capital Concert Brass COME AND PLAY BRASS!

THURSDAYS

CCB is a small group mostly playing brass instruments, plus other instruments too sometimes. Our aim is to enjoy ourselves and entertain others. We welcome brass players, including 'rusty' ones, music readers interested in learning brass, and others with compatible instruments.

Weekly at 8pm. Holy Cross Church, Ferrymead Gardens, Greenford, UB6 9NJ

Modest subscription

alan@capitalconcertbrass.co.uk • www.capitalconcertbrass.co.uk

Julian Light Operatic Society

THURSDAYS

Calling all Gilbert & Sullivan fans. We perform one of their wonderful comic operas each October and a selection of their songs and music in early spring in the Playhouse and the Studio at Questors Theatre, Mattock Lane, Ealing. All ages are welcome to join us whether experienced or those starting out, especially sopranos and altos. Registered Charity No 1103764.

Thursdays 7.45-9.45pm. Haven Green Baptist Church, Castlebar Road, Ealing W5 2UP (2 minutes walk from Ealing Broadway station).

Contact: inform@julianoperatic.org • www.julianoperatic.org

Art & Crafts LONG-TERM AND REGULAR EVENTS

Ealing Art Group

VARIOUS DATES & TIMES

Love art and would like to be part of a lively local group interested in all aspects of art? Ealing Art Group offers the opportunity to exhibit regularly, as well as participate in lectures/demonstrations and occasional visits to places of artistic interest. Visit our website for further information.

Secretary: 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.co.uk

Facebook: www.facebook.com/ealingartgroup

Pamela Lloyd-Jones Art Classes

SATURDAYS

LIFE DRAWING WORKSHOP

Tutored longstanding friendly supportive group with great models. Three hours of drawing; all materials and refreshments supplied and included in price.

Monthly on Saturday mornings. Confirm dates with Pamela via email.

10am-1pm. The Brentham Club, 38a Meadvale Road, Ealing, W5 1NP (near Pitshanger Lane)

£25 inclusive (payable by card on the day)

Enquiries: 07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

Patricia Burbidge Watercolour Classes

TUESDAYS

WATERCOLOUR PAINTING

A friendly watercolour class. All levels welcome. We paint a variety of subjects including landscape, still life, figure and abstract compositions.

Tuesdays 15 September - 1 December, 9.15am-12.30pm. £100 for 10 classes.

Northfields Community Centre, 71 Northcroft Road, W13 9SS

07889 502319 • patricia.burbidge@gmail.com

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS

21 October: Vivien Withers will be our guest demonstrator this month with her title, *My Floral Journey*.

18 November: Sandy Draper's title is *Dreaming of a White Christmas*. Let's hope her dream will come true!

Do come and visit us – it would be lovely to see you, and you could win one of our demonstrator's wonderful floral creations in our raffle.

7pm for 7.30 start. St Barnabas Church Hall, Pitshanger Lane, W5 1QG. Buses E2 & E9 go past the door, or roadside parking. Visitors: first visit free; thereafter £7 per session or become a member.

Enquiries: (Jenni) 07772 975554 / 020 8998 0186 • jennisworld48@hotmail.com

www.ealingflowerclub.godaddysites.com • Facebook: Ealing Flower Club

Ealing Quilters

THURSDAYS

15 October: The theme is Broderie Perse – either bonded or hand applique for this technique. Bring background fabric and motifs to cut out. Bring some embroidery threads for decorative hand stitching, as well as a hand sewing kit.

19 November: Textured Applique is this month's theme. We'll look at making Suffolk Puffs. Bring along some fabrics and your hand sewing kit.

7.30-9.30pm. St Andrew's Church Centre (1st floor training room), Mount Park Road, W5 2RS

£4 (members free)

Enquiries: 07929 801724 (Jackie Foreman) • kayetelford@hotmail.com

Culture & Learning

MANY DATES

Friends of Marcq-en-Baroeul EALING'S TWIN TOWN IN FRANCE

The Friends of Marcq is a local group promoting friendship and activities between Ealing and Marcq-en-Baroeul, which is close to Lille, so easily accessible. Knowledge of French is not necessary for many of the organised events. We offer exchange visits to France for language and cultural weekends. There are also French classes at various levels, and a variety of activities throughout the year in Ealing.

Enquiries: 07887 877630 • 020 8568 6159 • info@fomeb.eu • www.fomeb.eu

Facebook: Les Amis d'Ealing/Friends of Marcq • www.facebook.com/groups/3139986216275513

REGULAR & CONTINUING EVENTS

Ealing Readers

MONDAYS

We are an informal book group, and we welcome new members. Our reading list covers a wide range of genres with a focus on contemporary fiction. We meet at 7.30 for a 7.45 start, beginning with an introduction to the book of the month followed by a lively discussion.

7.30pm. Castle Inn, 36 St Mary's Road, W5 5EU.

Enquiries: hazannewilliams@gmail.com

Ealing Over 60 Network (EON)

MONDAYS

FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

Social events, talks, quizzes, films, music, poetry appreciation etc.

Every Monday afternoon. 1.30 for 2pm. Please enquire by phone or email below for venue.

020 8810 6753 • arratoon.arratoon@gmail.com

Historical Association: Ealing Branch

TUESDAYS

Our talks are open to everyone who is interested in history – world, national and local – and its relevance to our own times. We usually meet on the 2nd Tuesday of the month. Please see our website www.ealinghistory.org.uk for up-to-date details and access to meetings.

13 October: Dr Priya Atwal, Community History Fellow, University of Oxford: *The power behind the throne: the women who built Maharajah Ranjit Singh's kingdom.*

3 November, 6.30pm at Twyford CofE High School, W3 9PP: Dr Lisa Pine, Institute of Historical Research, speaking to the sixth-form evening: *Hitler's Volksgemeinschaft [National Community]: Inclusion and Exclusion.* All welcome.

Except as shown, 7.30pm. Ealing Green Church, The Green, W5 5QT

Members £20 per annum, visitors £5 per talk, students free.

Enquiries: 07922 046578 • philipgwoods@outlook.com • www.ealinghistory.org.uk

Facebook: Ealing Historical Association

Rainbow Poetry Group

TUESDAYS

13 October: We will be reading Shakespeare's Sonnets.

10 November: Travel will be our theme. Join us with two poems to share and discuss.

2.30-4pm. Hanwell Community Library, Cherington Road, W7 3HL

First visit free, donation for the Library upkeep thereafter

Enquiries: smtpearce@btinternet.com

Ealing Yoga, Meditation & Philosophy Centre (EYMPC)

[Formerly 'The Himalayan Institute UK']. www.ealingyogamedpc.org.uk Reg. charity 1048336

Saturday 14th November 2026

9.15am – 3.45pm

At Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

Ayurveda day with Angela Hope-Murray

[MSc Ayur. MA.. BSc Ost. DO. HCPC reg Pod]

Dealing with stress & anxiety



9.15am	Registration
9.30	Introduction to stress management; a constitutional analysis
11.00	Tea Break
11.20	Yoga practice integrating Prana and Asanas (Lisa)
12.40pm	Pranayama exercise
1.00	Lunch
1.45	Herbs and nutrition for stress management
2.45	Gong bath (Hana)
3.15	Q & As
3.45	Close

Pleasant venue with easy parking. **Light lunch provided.**

Bookstall; titles on Ayurveda, yoga, meditation & philosophy.

Fee; £70. [EYMPC Members £50]

To register, contact Lisa Schlotmann

enquiries@ealingyogamedpc.org.uk or 07918 622 995.

Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS & THURSDAYS

MIXED-LEVEL MEDITATION

This is a mixed-level class, suitable for those who have experience of meditation and those new who wish to learn how to meditate. For new students, there is a 'taster'. Thereafter, it is recommended that students commit to and pay in advance for all the remaining five sessions in the first half of term, to gain maximum benefit.

6-7.30pm Wednesdays 9 September - 9 December (no class on 28 October)

PHILOSOPHY & MEDITATION

This class is suitable for those who have some knowledge of Yoga Philosophy in its various forms, and also experience of meditation and Pranayama techniques.

8-9.30pm Thursdays 10 September - 10 December (no class on 29 October)

All above: Block booking 5+ sessions £12 (members £10) per session, or £13 per session drop-in Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

07918 622995 • enquiries@ealingyogamedpc.org.uk • www.ealingyogamedpc.org.uk

Facebook: Ealing Yoga Meditation & Philosophy Centre

Ealing u3a

THURSDAYS & OTHER DAYS

TALKS PROGRAMME and 55 INTEREST GROUPS

U3A is an organisation for those retired or no longer in full-time work. Members organise activities for each other. U3A offers the opportunity for those with a thirst for knowledge and learning to continue their educational, creative and social interests in a friendly, encouraging atmosphere.

Talks programme, visits and 70 interest groups meeting in venues around Ealing.

Talks: most Thursdays 10am. Ealing Green Church, W5 5QT

Visitors £3

07504 667005 • membership@u3aealing.org.uk • www.u3aealing.org.uk

Dance & Movement

REGULAR EVENTS

Suzanne Gribble – Iyengar Yoga

MOST DAYS

YOGA CLASSES

Iyengar yoga classes help improve flexibility, alignment, strength and stamina and help quieten the mind, using props to help students access the poses safely. All ages and abilities welcome. Suzanne teaches a variety of classes in Ealing open to beginners. See her website for details and booking and do get in touch with any queries.

Monday, Tuesday, Wednesday and Saturday mornings in Ealing

Tuesday evenings

Venues: Northfields Community Centre W13, The Garden Studio W5, The Bhavan W14

07916 145786 • suzanne.gribble@gmail.com • suzannegribbleyoga.com

www.facebook.com/SuzanneGribbleIyengarYogaTeacher/

Chair Yoga

MONDAYS

Enjoy the gentle yoga exercises and relaxation from the comfort and safety of your chair.

This yoga class is practised sitting or standing, using the chair for support.

Every Monday, 11.30am-12.45pm. St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS
£15 per session

07952 668820 • mehran.ghodsi@hotmail.co.uk

Patricia Lajtai – Pilates

MONDAYS, TUESDAYS & FRIDAYS

Would you like to improve your posture, and enhance your mobility and strength? You're welcome to join our friendly group and begin your journey of feeling more at ease and empowered in your body. Classes are suitable for over-60s.

Mondays 10-11am online via Zoom: £10 per class

Tuesdays and Fridays 1-2.15pm in person: £60 for 5 classes or £14 for single class

Innovation Dance Studio, 120 Pitshanger Lane, Ealing, W5 1QX

07816 760502 • patricia.lajtai@btinternet.com

Ealing Kung Fu School

MONDAYS, WEDNESDAYS & THURSDAYS

SHAOLIN KUNG FU & QIGONG CLASSES**Younger Years**

Discover the power of Shaolin Kung Fu, Tai Chi, and Qigong at Ealing Kung Fu School – where every class is a step toward strength, focus and confidence. Whether you're seeking fitness, self-defence, or simply a fresh challenge, our expert instructors guide you through a rewarding journey that grows with you. Join a welcoming community, and transform training into a lifestyle that energises both body and mind.

Children Kung Fu 6.30-7.30pm Mondays & 5.30-6.30pm Thursdays

Adults Kung Fu 7.30-9.30pm Mondays & Wednesdays

Drayton Manor High School, Drayton Bridge Road W7 1EU

07766 240347 • www.ealingkungfuschool.com • www.facebook.com/ealingkungfuschool

Yoga with Loretta

TUESDAYS

All levels welcome. Leave your cares behind, stretch and re-align your body. I'll help you progress, improve and work on your individual needs.

7.30-9pm. St Peter's Church Hall, 56 Mount Park Road, Ealing W5 2RU

£13 drop-in or £60 for 6 weeks

07866 905128 • LorettaYoga6@gmail.com • www.yogaloretta.co.uk

Greenford & District Caledonian Association SCOTTISH COUNTRY DANCING

TUESDAYS

All are welcome. Dances are walked through – all you need is a soft pair of shoes and plenty of enthusiasm. Tea / coffee served in the break. Group meets September to June.
8-10 pm. St Thomas the Apostle Church Hall, 182 Boston Road, Hanwell, W7 2AD
£5 for members, £6 for non-members (first session free)
07787 925022 • janetcmacphail54@gmail.com • www.greenfordcaledonian.net

Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS, WEDNESDAYS & THURSDAYS

GENERAL YOGA CLASSES

Mixed-ability classes suitable for all levels, including beginners
10-11.15am or 11.30am-12.45pm, Tuesdays 8 September - 8 December (no class on 27 October)

MIXED-ABILITY YOGA

A general class where beginners and continuing students are welcome. Apart from postures, breathing exercises and guided relaxation are part of the sessions.
8-9.30pm, Wednesdays 9 September - 9 December (no class on 28 October)

GENERAL YOGA CLASS

Yoga postures are a remedy for the whole person. They promote health and energy. There is no achievement level or competition. Everybody is welcome, regardless of age, gender, body shape or previous experience.
6.30-8pm, Thursdays 10 September - 10 December (no class on 29 October)

All of the above at Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE
£156 for full course or £78 for each half (£130 or £65 for members) or £13 drop-in
07918 622995 • enquiries@ealingyogamedpc.org.uk • www.ealingyogamedpc.org.uk
Facebook: Ealing Yoga Meditation & Philosophy Centre

Cath Barnes-Holt Iyengar Yoga

FRIDAYS

Lovely friendly Iyengar yoga class for all levels (beginners welcome) – to help release and realign the body, calm the mind, raise energy levels, ease stiff joints, improve posture and flexibility, plus more! The class is live-streamed so you can join from home if you prefer.
Cath also teaches private sessions on other days at her home studio.
10-11.30am. Ealing Personal Training, 2 St James Avenue, W13 9DJ (above Sainsbury's car park)
07909 995408 • cath@cathbarnesholt.co.uk • www.cathbarnesholt.co.uk
Facebook: https://www.facebook.com/cathyogabee

Drama

IMPACT Theatre

IMPACT is a theatre company for performers and artists with learning disabilities. We offer a huge range of performing and creative arts activities, both on stage and behind the scenes.
IMPACT Community Arts Centre, Ealing Central Sports Ground, Horsenden Lane South, UB6 8GP
www.impacttheatre.co • www.facebook.com/impacttheatreuk/

OCTOBER & NOVEMBER

Questors Theatre

TUESDAYS-SUNDAYS 16 OCTOBER - 21 NOVEMBER

COMING UP AT THE QUESTORS THEATRE

Autumn at the Questors Theatre brings 3 exciting dramas: gritty and wistful *Faith Healer* (16-24 October); Shakespeare's tragic *Romeo & Juliet* (23-31 October); and new play *On the Line* (13-21 November), marking 50 years since the Brentford Trico strikes. Fancy a laugh? Join us for the Questors Comedy Festival (2-4 November).
The Questors Theatre, 12 Mattock Lane, W5 5BQ
£8-£20

020 8567 0011 • boxoffice@questors.org.uk • www.questors.org.uk/whatson
Facebook: www.facebook.com/questorstheatre

Beaufort Players

FRIDAYS-SATURDAYS 27-28 NOVEMBER & 4-5 DECEMBER

PANTO CLAUS — THE SANTO MIME

Tis the night before, the night before Christmas, and things in Santa's workshop are going wonky. It seems that someone is messing with Christmas. But who? Could it really be one of Santa's helpers? Luckily, Princess Snowbelle is coming to stay. Can she catch the culprit before they cause a Christmas catastrophe?

Pop on your festive jumpers and join us for Beaufort Players' latest and very Christmassy pantomime, written by Alan Robinson.

Check website for times and prices. Church of the Ascension, Beaufort Road, W5 3EB
07730 572389 • boxoffice@beaufortplayers.org.uk • www.beaufortplayers.org.uk

SPRING & AUTUMN

Drama Studio London

MONDAYS - SATURDAYS

ADULT ACTING CLASSES AND SUMMER SCHOOLS

Spring and Autumn adult evening classes for 18+, and 1- or 2-week Summer Schools for both 16-18 years and 18+, all delivered by industry professionals. Details and booking online.
Drama Studio London, Grange Court, Grange Road, Ealing, W5 5QN
020 8579 3897 • info@dramastudiolondon.co.uk • www.dramastudiolondon.co.uk/part-courses/
Facebook: www.facebook.com/dramastudiolondon

Leisure

OCTOBER

Charlemagne Wine Club CENTRAL AND SOUTH AMERICA

MONDAY 19 OCTOBER

Wines from less well known regions, selected by Will Parker. See website/Facebook for further details.

8pm. *The Forester, 2 Leighton Road, W13 9EP*

£25 by prior application

cwc@charlemagnewineclub.co.uk • www.charlemagnewineclub.co.uk

Facebook: www.facebook.com/charlemagnewineclub

REGULAR EVENTS

West London Group of Ramblers Association

SATURDAYS, SOME SUNDAYS & VARIOUS WEEKDAYS

MAKE NEW FRIENDS, IMPROVE YOUR HEALTH AND ENJOY OUR LOVELY TOWN AND COUNTRYSIDE

Walks are 4-12 miles, led by volunteers and carefully graded. Almost all our walks are accessible by public transport and have a lunchtime picnic/pub/cafe stop. There is usually no need to book - just turn up and introduce yourself to the leader.

Please see website details for each walk.

No charge, but after a couple of 'taster' walks you will need to join the RA.

secretary@westlondonramblers.org.uk • www.westlondonramblers.org.uk

Facebook: West London Ramblers

Perivale Social Group

THURSDAYS

We are a recent welcoming, happy group – not just in Perivale, but all surrounding areas. Would you like to join us? We feature important, gentle, healthy exercise, health checks, friendship, quizzes, bingo, games, refreshments, speakers, and annual seaside trips.

11am - 2pm. *Perivale Community Centre, Horsenden Lane South, UB6 7NP*

£3 per session.

Irene McQuillan: 07958 707253

Younger Years

DECEMBER

Chiswick Chamber Orchestra CHISWICK CHAMBER ORCHESTRA CHILDREN'S CONCERT

SUNDAY 6 DECEMBER

Conductor: Peter Robertson

Howard BLAKE: The Snowman

Dan WHIBLEY (story by David Litchfield): The Bear and the Piano

3.30pm. *St Michael and All Angels' Church, Bedford Park, London W4*

£12 – £25

info@chiswickchamberorchestra.org • www.chiswickchamberorchestra.org

REGULAR EVENTS

Questors Young Musicians Club

SATURDAYS IN TERM-TIME

MUSIC LESSONS FOR AGES 18 MONTHS - 18 YEARS

We offer a variety of music lessons to students aged 18 months - 18 years, including introduction to music group classes for Early Years, a wide range of ensembles, instrumental lessons and group classes for students with SEND.

8.30am - 1pm. *Little Ealing Primary School, Weymouth Avenue W4 5EA*

Prices vary according to classes. See website for details.

Archie.qymc@gmail.com • www.qymc.org

Ealing Kung Fu School

MONDAYS, WEDNESDAYS & THURSDAYS

SHAOLIN KUNG FU & QIGONG CLASSES

Discover the power of Shaolin Kung Fu, Tai Chi, and Qigong at Ealing Kung Fu School – where every class is a step toward strength, focus and confidence. Whether you're seeking fitness, self-defence, or simply a fresh challenge, our expert instructors guide you through a rewarding journey that grows with you. Join a welcoming community, and transform training into a lifestyle that energises both body and mind.

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EA&L Members

ART & CRAFTS

Borough of Ealing Art Trail (BEAT)
Ealing Art Group
Ealing Flower Club
Ealing Quilters
Pamela Lloyd-Jones Art Classes
Patricia Burbidge Watercolour Classes

CULTURE & LEARNING

CEPAC - Campaign for an Ealing Performance and Arts Centre
Ealing Over-60 Network (EON)
Ealing Readers
Ealing u3a
Festival of Biblical Literature
Friends of Marcq-en-Baroeul
Historical Association: Ealing Branch
Rainbow Poetry Group

DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga
Dalcroze Eurhythmics Ealing
Ealing Kung Fu School
Greenford & District Caledonian Association
Mehran Ghodsi Chair Yoga
Patricia Lajtai – Pilates
Suzanne Gribble - Iyengar Yoga
Vitality Leap / Fireside Lodge
Yoga with Loretta

DRAMA & FILM

Beaufort Players
Drama Studio London
Impact Theatre
Pisces Players (Popup Theatre)
The Questors Theatre

LEISURE

Charlemagne Wine Club
Perivale Social Group
West London Ramblers

MUSIC

Brentham Ladies' Choir
Capital Concert Brass
The Chamber Music Collective
Chiswick Chamber Orchestra
Ealing Chamber Music Club
Ealing Choral Society
Ealing Junior Music School
Ealing Symphony Orchestra
Ealing Voices
Gloc Musical Theatre
Hanwell Voice Studio
HEOS Musical Theatre
Julian Light Operatic Society
Music at St Mary's Perivale
Questors Choir
Questors Young Musicians Club
West London Sinfonia

MORE THAN ONE ACTIVITY

Ealing Yoga, Meditation & Philosophy Centre

**Interested in listing your club or event in Ealing Arts & Leisure?
You'll need to join. Visit ealingarts.org.uk/join or call 020 8567 4075**

Want to be sure of getting *What's On*?

Would you like to have your copy of *What's On* delivered regularly by post?

If so, you will be more than welcome to join our Supporters' mailing list.

The annual (October - September) subscription is £10, or for April - September it's £5 per household.

You can send a cheque made out to 'Ealing Arts' with your name and address, or phone or email for online bank details.

Contact: Ealing Arts Supporters, 68 Elers Road, London W13 9QD
020 8567 4075 • membership@ealingarts.org.uk